



British Columbia
Schizophrenia Society

The Notepad

North Shore Branch Newsletter

**ATTENTION MEMBERS: THIS IS YOUR OFFICIAL
NOTICE OF THE ANNUAL GENERAL MEETING OF
THE BCSS NORTH SHORE BRANCH**

BCSS North Shore Branch A G M Annual General Meeting

Date: Wednesday, May 30, 2007

Location: Lions Gate Hospital
Downstairs Auditorium

Time: 7:30 p.m. . . . sharp

Family Support Centre BCSS, North Shore Branch

#205 - 1865 Marine Drive, West Vancouver, V7V 1J7
Open 9 to 5 Monday to Friday, or by appointment.

Tel/Fax (604) 926-0856
www.bcssnorthshore.org
email: info@bcssnorthshore.org

The B.C. Schizophrenia Society, North Shore Branch
is an Incorporated Branch Society and Registered Charity,
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***Your generosity is appreciated.
Receipts will be issued for income tax purposes.***

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Seems like only yesterday when our members last checked out their AGM agenda items. But a year has gone by and it's time once again to ask you to attend this important Branch event. See page 2.

Support Groups

Families and friends, come and share your questions, concerns, and experiences with members of BCSS North Shore. We hold monthly meetings for family members and close friends of those afflicted with any serious mental illness. Please call (604) 926-0856 to sign up.

ANNUAL GENERAL MEETING

The Branch is looking forward to a good turnout for our AGM on Wednesday, May 30, at the old auditorium in Lions Gate Hospital, downstairs from the 13th Street entrance.

The AGM is a vital component in the organization of the Branch, focussing our efforts to help families of the seriously mentally ill. A recap of the Branch's activities during the busy past year will be one of the items on the agenda.

All members are more than welcome to attend. If members wish to vote on agenda motions, membership dues need to be paid at least one week before the AGM.

Three positions on the Board of Directors will be open. Directors are elected for two-year terms. If you are interested in serving the branch in this way, please call the office for more information. Anyone who can help with refreshments is also most welcome to give us a call: 604-926-0856. See you on the 30th!

**I would like to help the
BCSS, NORTH SHORE BRANCH
205 - 1865 Marine Drive
West Vancouver, BC V7V 1J7**

- with a donation to help keep the Family Support Centre operating
 Cheque enclosed
- I prefer to donate by monthly direct deposit \$20__ \$30__ \$50__ Other __
- by making a contribution to help the Branch build its endowment -- a gift that goes on forever
- by making a bequest to the North Shore Branch in my will; *I would like some suggestions for appropriate wording*

Name: _____

Address: _____

_____ Postal Code: _____

Tel: _____ Email: _____

Estate planning lecture covers a lot of ground

Lawyer Ken Kramer, an expert in estate planning for the mentally ill, barely got through a few of his PowerPoint slides on April 25 when he was fielding questions from the 40-plus people in the audience. Attendees were mainly Branch members at "Estate Planning for the Mentally Ill," the latest talk in our lecture series.

Kramer went over the basics of wills, Powers of Attorney, Representation Agreements, Nominations of Committee, trusts and probate. He talked about the Wills Variation Act, unique to B.C., in which a spouse or child unhappy with their share of an estate could launch legal action. He discussed nondiscretionary and fully-discretionary trusts, and how to structure a trust so that a disabled child does not lose disability benefits because of inheritance.

"The biggest challenge in planning for a disabled child is who is going to be the trustee," said Kramer. "Some people will do it for nothing. But you must recognize, for some people, it's a big job." Lecture handouts are available at the FSC.



Ken Kramer discusses trust options in estate planning.

North Shore Branch speaks up

Board president Marguerite Hardin was asked to speak on CBC radio's Early Edition last month. She was interviewed in the wake of reports that a Vancouver man with schizophrenia who hadn't received treatment in years had set fire to his mother's home.

Marguerite's eloquent radio clip has been sent to members. If you know of anyone who may be interested in hearing the tape, it can be forwarded from the Family Support Centre upon request.

Marguerite and Gary Glacken, executive director of the BCSS provincial organization, wrote letters that were published in the *Vancouver Sun* after the newspaper ran an editorial about the tragedy in Virginia in which the gunman, who was obviously mentally ill, had not been receiving treatment.

The editorial concluded, "Perhaps the best thing we can do at this point is to destigmatize mental illness, and to make help widely available, so that people are more likely to seek it on their own."

In Marguerite's letter, also available through the FSC, she points out, "The severely mentally ill rarely decline or refuse to seek treatment because they are worried about being stigmatized. Typically, they won't go to a doctor because they don't believe they are ill."

Marguerite advocated the proper use of the B.C. Mental Health Act to save countless families years of agony seeking adequate medical help to restore their loved one's mental health.

BCSS, North Shore Branch acknowledges the support of the Province of British Columbia, West Vancouver Community Foundation, Lynn Valley Lions Club, District of North Vancouver, City of North Vancouver, District of West Vancouver, the North Shore Community Foundation, the Chris Spencer Foundation and other generous donors.

Crisis calls increase

The Family Support Centre has been dealing with an extremely high number of crisis calls in the last six months, more than we can remember in the twelve years that the Centre has been open.

The calls show that there is an urgent need for increased advocacy on behalf of the mentally ill and their families, who also suffer with them as they pursue often fruitless attempts to obtain proper medical care and appropriate housing.

With the practical advice and information we provided, along with personal support and encouragement from experienced family members, a number of families were able to take the necessary steps and succeeded in having their ill relatives admitted to hospital. But an even greater number of those we have spoken to are still struggling with sometimes desperate situations.

A shortage of resources has long been a recognized as part of the difficulties families have in obtaining help for ill relatives. Recent news of several North Shore psychiatrists retiring, or resigning to protest underfunding of services, has emphasized the seriousness of the situation.

If anyone is interested in getting involved in Branch advocacy measures, please let us know.

MANY THANKS TO OUR SUPPORTERS

Our sincere thanks go out to Soroptimist International of North and West Vancouver, the West Vancouver Community Foundation and the Fraternal Order of Eagles North Vancouver #2638 for their recent contributions to BCSS North Shore Branch.

The funds will be used to support education programs of the Branch.

The North Shore Branch is an Incorporated Branch Society, and financially independent of the provincial society. Please send contributions to help the Branch directly to 205 - 1865 Marine Drive, West Vancouver, BC V7V 1J7

WE NEED YOUR HELP TO WALK THE WALK FOR SCHIZOPHRENIA



A cheerful contingent took part in the West Van Community Day Parade last year. Our group raised needed awareness about schizophrenia. This year, the Branch hopes to make a larger impact with even more members proudly walking behind our banner.

The West Van Community Day and North Shore Canada Day parades, and Walk the World are fast approaching. All members are encouraged to take part in these excellent ways to raise awareness of schizophrenia and support our Branch. Our banner will be seen by thousands of parade onlookers. By participating, we show the public who we are and how we too are part of the community. But our efforts to combat stigma through the parades and walk can only be truly successful with your participation. Please call the Branch – 604-926-0856 – or e-mail (info@bcssnorthshore.org) to sign up for one or more of the three events listed below. Family members, friends, schoolmates – anyone you know who'd like to be *in* a parade is more than welcome. Please wear your big “S” T-shirts!

West Van Parade

Date: **Saturday, June 2**

- Assemble 8:45 a.m. near the Civic Centre at Marine Drive and 22nd
- Starts around 9:50 a.m.
- The parade proceeds down Marine Drive to Ambleside Park, where there are Community Day festivities
- “The World Dances” is the parade theme

BCSS Walk the World

• Date: **Sunday, June 24**

- Starts at 10 a.m.
- Marks the 16th Year for BCSS North Shore’s own Awareness event
- Assemble at John Lawson Park; walk to Dundarave Pier and back
- About an hour stroll along the Seawalk

North Van Parade

• Date: **Sunday, July 1**

- Starts at 10 a.m.
- Route: Along 13th Street from Grand Boulevard, to Lonsdale and 17th, then along 17th to Mahon Park. Drivers needed to ferry marchers back to start point
- Pancake breakfast starts at 8 a.m., Boulevard Park